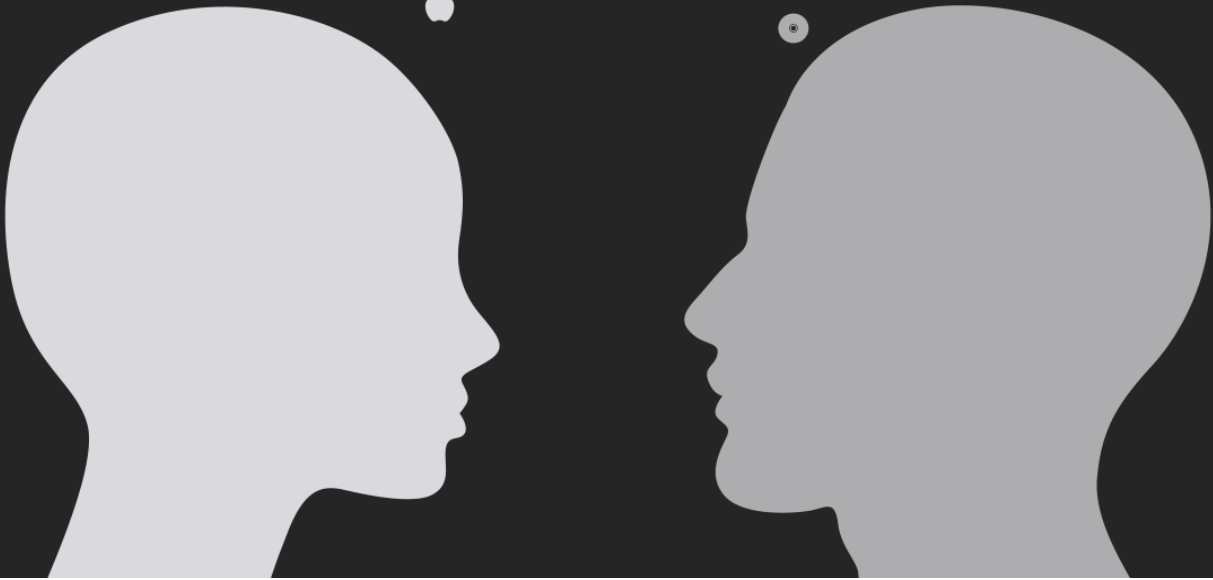


CAREER & HEALTH



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Introduction

Are you suffering from extreme illnesses? Do you want to revitalize your body, mind, and spirit? Then, understanding polarity therapy should be your top priority.

Everyone talks about this type of therapy. However, not all of them know exactly what this therapy is and how it works. According to experts, polarity therapy is a natural health care system. It works with the human energy field.

Energy currents and fields exist everywhere, and polarity therapy states that the balance and flow of energy in the human body is the foundation of good health.

At present days, scientific research has and continues to provide latest understandings to the powerful effects and health benefits of polarity therapy.

To know more about polarity therapy, simply use this eBook as your reference. This explains everything about the therapy, how it affects your health and career, and a lot more.

Polarity for Career & Health

Chapter 1:

Polarity Therapy Basics

Synopsis

Have you heard the word “polarity therapy”? If yes, then, you probably know what it is. This type of therapy is not limited to healing diseases. It has a wide meaning and concept.

The following are some essential information about the basics of polarity therapy:

Polarity Therapy Defined

Polarity therapy is a holistic and gentle method of treatment. It is applicable to multiple health problems and also valuable in maintaining health. Here are some of its meanings:

As a Science

Polarity therapy is an extensive health system concerning energy-based bodywork, self-awareness, diet, and exercise. Experts claim that it functions with the human energy field.

In this therapy type, health is viewed as a reflection of the energy field condition and restorative methods are intended to balance the field for health gain.

As an Art

Polarity therapy is unique in its all-inclusive exploration of the distinct dimensions of the human condition. It seeks to conduit the full range of mind, spirit, and body.

The main objective of polarity therapy is to unite and realign body, spirit, mind and emotions into dynamic and active health.

Who Developed Polarity Therapy?

Polarity therapy was introduced by Dr. Randolph Stone. He conducted a thorough study of energy in the healing arts for more than 60 years. With the use of various sources, he discovered that the human energy field is affected by movement, touch, diet, sound, relationship, attitudes and other environmental factors.

This type of therapy is a very comprehensive, with implications for health specialists in multiple therapeutic disciplines. With this, polarity therapy supports strong connections to various healing and holistic health procedures.

How Does Polarity Therapy Works?

Experts of polarity therapy claim that diseases are caused by disruptions in the energy flow of the body and the results of trauma and stress. They denote that the therapy is based on the concept that there are three types of energy field in the body – the long-line currents, transverse currents and spiral currents.

To look for the sources of energy blockages, health experts of polarity therapy scan the body for symptoms like muscle spasms, discomfort and muscle pain. After identifying the blockages, they use a variety of methods to clear the paths of energy fields. This includes the spinal realignment and movement training. The common examples of these are yoga, deep-breathing and hydrotherapy.

Polarity therapy has been long identified by Eastern cultures. It is a hands-on energy modality that functions on all levels of beings to bring back the wholeness and balance of body. In fact, energy medicine is currently being researched and used in Western medicine and is beginning to change how people view and empower their health.

Chapter 2:

Body Work

Synopsis

One of the main tools of polarity therapy is the so-called “body work”. It is a term used in alternative medication to illustrate any personal or therapeutic development tactic that involves in human body function.

In the body work technique, experts aim to assess or develop posture and enhance awareness of the mind and body connection. The polarity bodywork is a gentle yet piercing hands-on contact to the body. Through this, it nurtures deep relaxation and stimulates free-flowing balanced energy.

The following are some forms of body work including energy balancing ones:

Forms of Body Work

Body work has multiple forms. These various forms are different from one another. Here they are:

- *Non-Touch* – These methods include yoga, pranayama and reiki.
- *Therapeutic Touch*
- *Breath Work Respiration Techniques* and a lot more

The better well-known form of manipulative body work is the polarity therapy.

In Dr. Stone's mapping of energy current of the body, every side of the body has five current connected to the five elements – *the fire, air, water, ether and earth*.

The polarity principle applies when you use your hands on the body to enhance energy flow. In this therapy, the hands are placed on two sides of the body, creating two poles between which energy may flow. The expert has a direct experience of energy flow between the hands. In most cases, the customer concurrently experience changes.

The common changes include tingling and tissue relaxation. Thus, the therapy session may improve into a co-operative exchange of observation between client and practitioner. Through this, the client is given power to consciously participate in the healing procedure.

Energy Balancing Body Work

Hands-on bodywork is the center of polarity therapy. In this process, you have to wear comfortable and loose clothing. You also need to lie on a

massage table. In most cases, each session involves some levels of physical touch, which may be gentle, light, steady and deep. It is designed to stir energy up, balance the flow and calm it down.

There are several specific session protocols concerning the aspects of human energy body. Some of these address the digestive system, nervous system, endocrine system, and lymphatic system. Spinal balancing can also be addressed both with light touch, deep structural work and harmonic resonance.

However, other polarity session protocols are more mysterious based on the chakra balancing, five elements, evolution, and involution. These protocols are devices that can be used if suitable for your session and system.

Even if the polarity body work aims to develop the human energies inside the body and balance the energies within the body, the principle believes that this therapy is more complex than others. This therapy believes in the presence of positive, negative and neutral energies inside the body of the patient.

The main goal of the body work therapist is to convert the energies into its neutral condition to guide the body help itself. Through this, the treatment would not create sufficient and satisfying results. This is the reason why polarity therapists emphasize the significance of these regimens before the therapy session.

Chapter 3:

Stress Reduction

Synopsis

Stress may be considered as any chemical, physical, or emotional factor that causes mental or bodily unrest, and that may be a factor in causing various diseases. According to experts, complete elimination of stress is too impossible. But, you can find ways on how to reduce it.

The following are some ways to reduce stress:

Stress and Its Symptoms

Stress is the strain or tension felt when you are put under pressure. It may be experienced when you feel you have lots of things to do, money problems, ill health, relationship problems and a lot more.

The human's life would be very tedious without a little stress. But, too much stress can harm your personal relationships, health and work. If you have stress, your sympathetic nervous system switches into flight mode. Thus, hormones begin to respond and your body starts to experience a host of hypersensitive and physical effects.

Here are the common symptoms of stress:

- Anxiety
- Headache
- Heart Palpitations
- Muscle Tension
- Weight loss or gain
- Irritability
- Sweaty palms
- Difficulty in digestions
- Fail to concentrate and a lot more

In short, if you are suffering from stress, your body gets ready for war against any enemy that does not actually exist. This shuts down your immunity and overall organ function.

In relation to stress reduction, polarity therapy is often used by most experts. The main question is, can polarity therapy reduce stress, decrease depression and promote a healthy life? The answer is YES!

How Polarity Therapy Reduces Stress?

At present, stress and other stress-related illnesses have reached epidemic proportions. According to experts, stress alone causes various workers to stop from working. This disease is also considered as the silent killer.

To relieve stress, polarity therapy helps people in identifying where the stress is located in the body. Though it will not literally identify the stress holding patterns, this therapy will educate the body in returning to balance before it becomes a severe physical and health issue.

Polarity therapy refurbishes the body to its usual therapeutic process. This physically and emotionally balances the body, avoiding stress from manifesting itself physically as disease, injury or condition. Since this therapy can trace the stress holding patterns in the body, experts can easily correct energetic imbalances, removing any physical symptoms of stress and reducing the body's risk of improving any state of disease.

Polarity specialists claim that this therapy may relieve stress through the following:

- Sustaining the natural detoxification process of the body by motivating the fluids of the body, including lymph, blood, glandular secretions and other toxic wastes.
- Eliminating tension and boosting muscular response, reducing muscle fatigue and developing connective tissue elasticity.
- Bringing back the balance to reflexes and rebalancing energy needed for vital organ functioning

- Stimulating neural activity and bringing back the central and peripheral nervous systems

With various benefits of polarity therapy, more and more people desire to undergo this medication. They want this therapy not only to remove their stress or tension, but also to ensure that their body is in good condition at all times.

Chapter 4:

Energetic Foods

Synopsis

Food is considered as a fuel in your body. A healthy diet offers all the vitamins, nutrients, minerals, energy boost and antioxidants your body needs to stay active. A well-built metabolism burns fuel effectively, thus, you have to avoid extra pounds.

The following are some foods to energize the body:

Top Energetic Foods You Shouldn't Miss to Know

There are various energetic foods you need to consume. For your guide, here some of them:

- **Carbohydrates:** They are the macronutrients essential for survival. The “bad carbs” are stripped of nutrients and fibers while “good carbs” come from fresh fruits, beans and vegetables.
- **Proteins:** These energetic foods come from vegetable and animal sources. Lean poultry and fish are heart-healthy because fish oils contain essential omega-3 fatty acids.
- **Fats:** You need fat to transmit energy to cells and store nutrients. They also make hormones and manage inflammation. Trans fats, on the other hand, are hydrogenated processed fats and thus, they do nothing to enhance good health.
- **Super-Energy Foods:** Experts claim that green tea and apple are loaded with healthy nutrients. If you keep on consuming these foods, you can enhance your body and protect from any disease.

Polarity Therapy and Energetic Foods

Polarity therapists identify that the life force cannot flow entirely through a toxic and congested body. So, they highly recommend their clients to follow a simple cleaning regime or purifying diet.

When you heard about diet, you may think that you have to starve and refrain from eating. This perception is not right. Experts say that you have to monitor your diet to improve your overall body condition. It means that you need to consume vegetables, fruits, soups and herbal teas every day.

There are two purpose of healthy diet, namely:

1. Eliminates any destructive products that have formulated inside the body due to poor quality digestion
2. Provides the body with good and healthy nutrition for rebuilding damage tissue

In relation to polarity therapy, an expert suggests modifications to a client's diet. This can help in supporting the energy balancing done during the body work session.

When it comes to healing, it is the vital energy which keeps the psyche and body alive. There are two places you can get the vital energy – through breathing or food consumption. When faced with diseases, you may be regularly suggested an adjustment in diet and energetic movement with vigorous breathing. The transformation in food consumption often included the following:

- Less cooked oils
- More fresh foods
- More simple foods combinations

You should also be willing to sit down and pay attention to your food consumption. If you don't know how to practice a healthy diet and lifestyle, it is best to make a journal. Simply ask your doctor what you need to eat to keep you healthy and active.

Practicing a healthy diet is not as easy as you think. But, if you know how to control yourself, you can easily enhance your body condition. Thus, you

don't need to worry about your health. You can do anything you want, without any restriction.

With polarity therapy and energetic food, you are one step ahead to an active and healthy life. Their great health benefit pushes every individual to practice polarity therapy. They also try their best to monitor their food consumption. In fact, most health conscious individuals hire nutritionist to track their daily food consumption.

Chapter 5:

Chakras

Synopsis

Chakra is a Sanskrit word that means “wheel of spinning light.” In Polarity therapy, it is related to the elements from nature. If you don’t know about this therapy and its relation to chakra, simply read the succeeding paragraphs as your guide.

Chakras and Their Responsibilities

When it comes to chakras, there are seven types you shouldn't miss to know and here they are:

1. **Root Chakra:** This chakra is positioned at the lower end of the spine. It is associated with the blood, kidney, muscles, and lower part of the body.
2. **Sacral Chakra:** This is located just in the lower abdomen. Some of its parts are associated with bladder, stomach and reproductive organs. It is used to eliminate sexual problems, urinary issues and any lower back pain.
3. **Solar Plexus Chakra:** This is found in the upper abdomen just above the navel. Its health responsibilities are to treat ulcers, adrenal dysfunction, ulcers and constipation.
4. **Heart Chakra:** It is located above the heart and is responsible for the well-being of the heart and the nervous system.
5. **Third Eye Chakra:** It is situated between the eyes, and associated with the eyes, ears and nose.
6. **Throat Chakra:** It is responsible for the respiratory system and lung. It is use to heal internal bleeding, throat blockages, nervous system problems and a lot more.
7. **Crown Chakra:** It is located on the top of the head. It deals with the central nervous system and the brain. It is often used to treat mental disorders and insomnia.

The polarity practitioners work to bring the energy fields and patterns to balance. They do this through helping the body in releasing the energy blocks in the energetic system. This supports treatment and self regulation in the physiological and psychological realms. When blocks remain and step up, illnesses thrive and precipitate.

Health Benefits of Chakras

Each chakra is believed to be linked to a particular set of body parts. It is also represented by a unique color and has definite gemstones. Chakra is always advisable to have all the seven chakras balanced. If imbalance occurs, it may lead to various health problems.

The main goal of polarity therapy is to health building. With a great idea of the chakra element, experienced practitioners can easily decide how to treat their patients.

Chapter 6:

Oval Fields

Synopsis

Oval field is an electro-magnetic field set up by the activity of the chakras. Experts claim that mind functions through five etheric pattern oval fields with six governing centers associated by ultrasonic central beam. To give you some hints, here they are:

Five Etheric Pattern Oval Fields

- ***Head for Direction and Control*** – Fire or intelligence
- ***Throat*** – A bond for expression through speech
- ***Chest*** – The heart conveys the life energy in fluidic form the diaphragm and lungs as gaseous function
- ***Abdomen*** – Nourishes and sustains the body
- ***Pelvis*** – Perpetuates the pattern form

Three oval fields and centers are needed to express the soul speech, life, intelligence and motion. The three centers and two fields are needed to sustain and be responsible for the body.

Legs and arms are annex levers to beat gravity by movement of shifting polarity forces from a positive through a neuter to a negative shaft and repeat.

Polarity therapy does not treat diseases, but it treats the life energy itself which flows through and strengthens all the organs and tissues of the body.

Polarity Therapy and Oval Fields

In Polarity Therapy, experts translate “sattva guna” as the air principle. The word guna explains spiraling fields of resonance which are the top essence out of which manifestation arises. This principle prevails in the west-east/transverse currents which arise from the ultrasonic core and connect the periphery of energy oval fields with the nucleus. The transverse current join together the sensory input from the body surface with the central nervous system and brain.

The air principle relates to the parasympathetic nervous system, which connects the periphery of the body with the therapeutic equilibrium at the core. This fosters deep relaxation, ecstatic and meditative states. The Sattvic contacts resonate with the part of the divine intelligence that animates the energy fields of the body.

Chapter 7:

What Happens in a Session?

Synopsis

Polarity therapy identifies illnesses arises from blocking or imbalances of the energies. The therapists search beyond the signs of the client may present for the real causes of their patient. In some cases, the presenting symptoms are not the real cause. As a result, therapists begin a wide-range case history, aiming to know the basic element of imbalances.

In addition, therapists also make a structural assessment and similar to that performed by chiropractors and osteopaths. Through this, outer clothing is required to remove. However, most polarity bodywork is done with the customer entirely clothed.

The bodywork involves multiple techniques. The common examples of these are rocking movements and cranial holds. There are also some techniques that are similar to reflexology. The experience of the bodywork is usually deeply relaxing. It may also lead to emotional releases like laughter or tears. The bodywork aspect of the work is quite tough to explain because it needs to be experienced.

The Typical Session

In an ordinary session, the polarity practitioner assesses energetic attributes with the use of palpation, interview and observation methods. Sessions generally take 60 to 90 minutes. It doesn't require disrobing and involves point specific touch, soft touch and rocking touch.

The energetic touch is the task of polarity practitioners. They perform this with their clients. Vocal interaction is a lively contact which has to do with reading the power in the individual's words. Contact may be medium, light or firm.

While doing this session, polarity experts support their clients in boosting self-awareness of delicate vigorous sensations, which are often witnessed as warmth, tingling, wavelike movement and expansion. The results of polarity therapy session differ and include profound relaxation.

Polarity therapists also advise their clients to practice dietary change. It helps in balancing the five elements. In addition, because of the toxic growth of waste materials from food additives and other factors, precise purification diets and methods may be provided to get prevent your body from this toxicity.

Individual training may also be given to support the bodywork. Polarity therapists will often help clients to become more conscious onto the concepts of the therapy. Because of holistic approach, this type of therapy can help in solving a wide range of issues.

What Are the Various Techniques of Polarity Therapy?

Polarity therapy can only be completed with the use of multiple techniques. These techniques include the following:

- **Bodywork:** The practitioner's hands guide the flow of healing energy in the body of the client. The client usually rests on an ordinary therapeutic table and the therapist palpates contact patterns and points in the energy anatomy of the client. This process is done with full clothes.
- **Diet:** The therapist promotes cleansing and permanence with fresh wholesome energetic foods adapted to meet the needs of the every individual.
- **Exercise:** Polarity yoga and other medication helps in making you feel comfortable and relax.
- **Self-Awareness:** Experts will encourage clients to know themselves and to view the world from an affirmative perspective.

The self-guided and natural techniques provide a comprehensive and simple method for maintaining good condition and healthy life.

Chapter 8:

Polarity Events

Synopsis

The best polarity therapy event holds meetings in more than three hours. This meeting includes the exchange of balances with each other, treatment discussion for specific health problems, get to know other practitioners working in the area, and a lot more.

The following are the typical polarity event:

The Usual Polarity Therapy Event

Upon visiting a polarity therapist, you will be guided on what to do. Here are the common events happen in a certain polarity therapy session:

Therapy 1: *Introduction to the Therapy*

In this session, it explains to you everything about the therapy. The therapist will discuss how it develops by Dr. Stone. You will also understand the different theories and principles of the therapy. Like other health conscious individuals, you will learn and apply a number of bodywork tactics.

Therapy 2: *Explores the Five Elements*

This is done with the use of both practical and theory concepts. You will be introduced to the influences of the energetic elements within food consumption and how to balance your diet energetically. You will also learn a number of practical strategies to take away energy blockages and restrictions to the energy flow of the different elements.

Therapy 3: *Understand Human Form as a Dynamic Energy System*

This therapy session helps you in applying techniques to balance the structure of the physical body, including the spinal column. You will also understand the significance of standards and ethics for practice and the fundamentals of setting up a successful practice.

Other polarity therapy events include workshops and meetings related to the session.

Chapter 9:

Selecting the Right Program

Synopsis

Do you want to experience how polarity therapy works? Then, your first move is to look for the right program. Since there are several companies that offer the same services, you may find it hard to pick the best one. Instead of worrying about this issue, simply take the following tips as your guide.

Factors to Consider When Choosing the Best Program

There are various factors that you need to consider when choosing the right program and here they are:

- **Modern Health Care System:** There are professionals who specialize in movement dysfunction while others have some specific skills in healing their clients. The main job of polarity therapist is to help their patients to restore maximal function of their bodies. This is the reason why you have to check if they are effective to deal with or not. To do this, you need to know how they treat their clients, how they work and their available health care systems.
- **Qualities of their Therapist:** Not all therapists are the same. Some have wide knowledge in the field while others don't have. If you want to get the full benefits of polarity therapy, make sure that you consider their qualifications. You have to deal with someone who can help in solving your major health concern.
- **Cheap and Quality Therapy Services:** If you want to undergo some polarity therapy sessions, you have to check your budget. Some therapists ask high rates while others do not. Whether you can afford or not, it is still best to depend on a therapist with affordable service cost.

After considering the above factors when selecting the right polarity therapy program, you are certain that you can choose the best one. Thus, you can easily improve your overall health conditions.

Additional Considerations for a Successful Polarity Therapy Session

Though you already followed the above tips, you still need to consider several factors to ensure that you will get a successful polarity therapy session. For your guide, here are the steps you need to consider:

Step 1: *Know the Range of Therapy:* Some therapists offer limited services while others do not. Before depending on any company, make sure that you are aware with their offered services.

Step 2: *Understand the Size of the Program:* Simply look at the module being offered and the timeline provided to complete the session. In the long run, this goes a long way to boost the possibility of making the most valuable decision.

Step 3: *Know Your Schedule:* Most polarity therapies take at least three hours or more. Following this timetable, you have to check if you can adjust your own schedule.

With your ideas on how to find the right program, you are one step ahead to your desired healthy condition. With the best polarity therapy program, you don't have to worry about your condition. You can also understand the dos and don'ts you need to do to maintain a healthy and active life.

In some cases, people find it hard to look for the best program. Whether you are searching via local or online scheme, you don't need to spend more time and effort. Instead of browsing various sites, try to read several reviews online. The more reviews you read, the more factual data you will know. Therefore, it is easy for you to decide where to depend on. Depending

on your choice, you can also personally ask your friends who already experienced the same therapy session. You can also ask your doctor and get some hints on where to undergo such therapy.

Chapter 10:

Benefits of Polarity Therapy

Synopsis

What are the benefits of polarity therapy? Most people keep on asking this question. However, most of them don't know exactly what makes this therapy more effective and in demand. If you are one of them, this is your chance to improve your knowledge.

The following are some benefits of polarity therapy

The Benefits

- ✓ Promotes healing through self-awareness
- ✓ Increases vital energy
- ✓ Restores and maintains proper energy flows throughout the body
- ✓ Decreases anxiety and supports better sleep
- ✓ Nourishes and improves the whole body
- ✓ Improves immunity and decreases effects of aging
- ✓ Boosts resilience to stress and increases longevity
- ✓ Detoxifying tissue layers
- ✓ Stimulates the internal organs and circulation
- ✓ Anti-inflammatory effects on joints and a lot more

Upon knowing these various benefits, you may say that this polarity therapy is one-of-a-kind. In fact, most people prefer to visit various polarity therapists and start doing the session.

The Common Diseases That Can Be Treated by Polarity Therapy

There are various diseases that can be treated by this therapy. These diseases include the following:

1. **Cancer:** Studies have shown that polarity therapy may help offset some unfavorable effects linked with certain cancer medications. Researchers found out that polarity therapy may help alleviate fatigue

and boost the quality of life among women undergoing some therapies for breast cancer.

2. **Stress:** Polarity therapy may help in reducing stress. According to research, one group received eight sessions of the therapy while other groups had a short-term relief of their care giving tasks. After checking each participant, experts' claim that those underwent to polarity therapy experienced a greater reduction in stress levels.
3. **Other Diseases:** Other illnesses that can be treated by polarity therapy are anxiety, back pain, arthritis, allergies, depression and migraine. Some experts also use this medical process to treat irritable bowel syndrome, headaches, chronic fatigue syndrome and a lot more.

Aside from the abovementioned, polarity therapy is also the best when it comes to improving the range of motion, increasing energy, and reducing inflammation. Some experts also suggest that the therapy can stimulate the immune system and ward off several diseases.

Who Can Use Polarity Therapy?

Most people can undergo polarity therapy. Here are the top people who can get the benefits of this therapy:

- People with aches, injuries and body pains
- Teenagers with stress related problems, posture issues, headaches and ADHD
- Highly stressed people

- Preventative modality to keep your health and well-being

Since both young and adult people can undergo this therapy, you don't have to worry if you want to witness how this therapy works. All you have to do is to visit your desired polarity therapists and wait until they finished the session.

With your wide understanding about this polarity therapy, you are certain that you can easily get rid of any severe or mild health problem. Thus, you are free to do anything you want without any restriction.

The key for a healthy and active life depends on your hands. Whether you want to maintain or improve your healthy life, you can have it instantly. You just have to monitor your condition and follow what your polarity therapist says.

Upon reading this eBook, you can easily decide the exact things you need to do to get rid of any medical problem. So, don't underestimate the power of polarity therapy. Take note that saying – prevention is better than cure. Whether you have a health issue or not, try to undergo this therapy. Then, you will soon realize that your body remains fit and healthy.

This eBook is represented not only to help you on the real concepts of polarity therapy. You can also use this to guide your loved ones, especially when they have some medical problems. With this eBook, you are confident that you will be free from any unexpected health issue. So, expand your knowledge about this therapy and live healthy!